First Aid Aid Canada

Mental Health

Instructor Information:

Mental Health First Aid Canada

Course Content

The course covers the following topics:

- Suicide
- Mental illness
- Substance abuse
- Trauma
- Self-harm
- Crisis intervention
- Depression
- Anxiety disorders
- Schizophrenia

Mental health problems covered:

- How to access professional help
- Information about effective interventions
- A basic model to provide mental health first aid
- Signs and symptoms of common mental health problems
- Mental health problems

The course is suitable for healthcare professionals, therapists, counselors, or mental health professionals. The course does not teach or be a mental health crisis. The course does not teach any signs of mental health problems or help people who are experiencing a mental health crisis. Participants will learn how to help people who are showing signs of mental health problems or who are experiencing a mental health crisis.

Mental Health First Aid Canada

Enrol: 1-866-929-3995

First Aid Canada or a list of instructors contact:

For general information about Mental Health First Aid Canada, contact:

Email: info@mentalhealthcommission.ca

Web: www.mentalhealthcommission.ca

Privacy:

Mental Health First Aid Canada is designed with Mental Health First Aid in mind.

For more information, visit www.mentalhealthcommission.ca